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MEMORANDUM

TO: ALL NATIONAL SCHOOL LUNCH PROGRAM SPONSORS

FROM: Pat Cook and Katherine Stewart, Consultants
Office of Child Nutrition and School Health

SUBJECT: *MyPyramid for Kids* Educational Materials

Have you heard the news? United States Department of Agriculture (USDA) has just released *MyPyramid for Kids*! *MyPyramid for Kids* is a child-friendly version of the new *MyPyramid* Food Guidance System released by USDA in April 2005. Team Nutrition has developed educational material to bring the messages of *MyPyramid for Kids* to elementary school children. The nutrition and physical activity messages included throughout the materials are designed to help children 6 to 11 years old make healthy eating and physical activity choices.

***MyPyramid for Kids* Classroom Materials** were developed for elementary school educators to help children learn the *MyPyramid* Food Guidance System. Lesson plans are available in three levels: Level 1 (grades 1-2); Level 2 (grades 3-4); and Level 3 (grades 5-6). Classroom materials include the following:

- Teacher's Guide including lesson plans with reproducible worksheets. Also includes *A Close Look at MyPyramid for Kids*, a step-by-step explanation of the key concepts of the *MyPyramid for Kids* graphic.
- CD with the *MyPyramid Blast Off* game, an interactive computer game that reinforces the key concepts of *MyPyramid for Kids* by allowing students to select a variety of foods (breakfast, lunch, dinner, and snacks) and physical activity. Food group fuel tanks will help students keep track of how their choices fit into *MyPyramid for Kids*. *MyPyramid Blast Off* is available on CD-Rom and can also be accessed through the MyPyramid.gov and teamnutrition.usda.gov websites.

- *MyPyramid for Kids* poster, a 2-sided poster showcasing the new graphic, slogan and messages. One side of the poster, suitable for young children, highlights a simplified *MyPyramid for Kids* graphic. The other side, appropriate for more advanced students, features both the *MyPyramid for Kids* graphic and healthy eating and physical activity messages.
- *Tips for Families*, a 2-sided handout with the *MyPyramid for Kids* graphic and messages on one side and eating and physical activity tips on the other.
- Fruit and Vegetable Challenge poster packet (Level 1)
- CD including the lesson plans, reproducible worksheets, *A Close Look at MyPyramid for Kids*, and *Tips for Families*. Power Panther songs and food illustrations are also included.

Please encourage your schools to order *MyPyramid for Kids* educational materials by visiting www.teamnutrition.usda.gov.